**Video Compositing Lesson for beginning TV students**

After the students have been introduced to the Final Cut Pro nonlinear editing program and have a little experience trimming, placing video on the timeline and making simple cuts, I use this lesson to show them how to add and work with additional video tracks and how to use keyframes to add motion to objects such as text or in this case a basketball.

Their objective is shoot a short 10 second video of a classmate standing on one side of the frame fall down to the ground when a basketball comes in from the side striking the student in the head.

1. Shoot the 10 second video of a student falling down
2. Create a new **Project** called basketball
3. Import the video into the **Final Cut Pro** project
4. Import the **basketball.png** file which already has a transparent background
5. Place the student clip on the **Timeline**
6. Place the basketball image on the **Timeline** right above the student clip
7. In the **Timeline** move the **Playhead** to the beginning of the clip
8. Double click on the basketball image on the timeline
9. Under **Basic Motion** in the **Viewer** window find **Center** and click inside the circle to create a keyframe
10. In the **Canvas** window move the basketball to the starting point of the trajectory
11. In the **Timeline** move the **Playhead** to the point in the video where the student starts to fall down
12. Double click on the basketball image in the **Timeline**
13. Go to the **Viewer** window and click on the Motion tab
14. Create another keyframe by clicking inside the circle in the **Center** section
15. In the Canvas window move the basketball so it covers the student’s head
16. In the **Timeline** move the **Playhead** to the end of the video
17. Double click on the basketball image in the **Timeline**
18. Go to the **Viewer** window and click on the Motion tab
19. Create another keyframe by clicking inside the circle in the **Center** section
20. In the Canvas window move the basketball so it is down near the floor as if it had bounced there after hitting the student on the head
21. Go back to the timeline and rewind the video for playback
22. Adjust ball placement as needed to make the scene as realistic as possible